

# Starting a Conversation with Your Physician

To help you make the most out of your annual physical or well woman exam, we've put together a list of questions you might use to start a conversation with your doctor. Before your appointment, print out these questions or bring them up on your mobile phone to review, so you're prepared.



## Questions to Consider

1. What health screenings or blood tests do I need?
2. How will I know if all my results are within normal ranges?
3. Are there any lifestyle changes I should consider to improve my overall health and well-being?
4. Considering my age, gender, health status, and family history, what should I be aware of for the future?
5. What vaccinations do I need?
6. Do you have all my current prescriptions in my file and are they still relevant?
7. What's next?

## *Important Things to Know*

- Complete blood count (CBC) chemistry panels, like iron, kidney and liver function, and urinalysis, are not covered as preventive care. Below is a list of preventive care CBC data elements that are covered at 100% under your DuPont Medical Plan.
  - White blood cell count (WBC or leukocyte count)
  - Red blood cell count (RBC or erythrocyte count)
  - Hematocrit (Hct)
  - Hemoglobin (Hgb)
  - Mean corpuscular volume (MCV)
  - Mean corpuscular hemoglobin (MCH)
- In most instances, the physician will send your CBC results to a patient portal or email.
- If you schedule a second appointment to review any out-of-range CBC results, this will be considered a billable diagnostic visit to discuss a treatment plan.